

# 10 Myths and Facts about Food Stamp Benefits and the Disabled

1

**MYTH: Food stamps are welfare.**

**FACT:** The Food Stamp Program is a nutrition assistance program. It helps low income people buy nutritious foods. It is not welfare.

2

**MYTH: You can't get food stamps if you get SSI, disability-related Medicaid, or other disability or insurance benefits.**

**FACT:** If you get food stamp benefits, you can still get other services too.

3

**MYTH: You have to go to the food stamp office every few months to keep getting benefits.**

**FACT:** Disabled people can get benefits for up to two years at a time. You don't have to go back to the office unless there are specific changes to your case. You can also ask for a telephone interview. Or a friend or family member can go for you.

4

**MYTH: You can't get Meals on Wheels if you get food stamps, and you can't use food stamps to pay for Meals-On-Wheels**

**FACT:** You can get food stamp benefits and still get Meals-on-Wheels. You can use food stamp benefits to pay for home-delivered meals like Meals on Wheels and meals served at certain locations.

5

**MYTH: Disabled people do not receive credit for medical and prescription drug bills.**

**FACT:** Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them. Only the amount over \$35 can be deducted.

6

**MYTH: If you have too many assets, you can't get food stamp benefits.**

**FACT:** The resource limit for disabled households is \$3,000. Your house and car don't count as resources. Other personal things like jewelry, furniture, appliances, most pension funds and life insurance policies don't count.

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**MYTH: Other people will know I use food stamps.**

**FACT:** Shopping with food stamp benefits is easier than ever. People who get help from the Food Stamp Program get an electronic card. You use the benefits by running the card through a machine at the grocery store. Other people will not know you're using food stamp benefits.

8

**MYTH: Food stamps are not worth applying for since you only get \$10.**

**FACT:** The amount of food stamp benefits depends on family size, income and certain expenses. Households with a disabled person receive, on average, about \$126 in food stamp benefits per month

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**MYTH: You have to work if you get food stamps.**

**FACT:** Disabled people don't have to look for a job or register for work to get food stamp benefits. They can't be denied food stamp benefits for not working.

10

**MYTH: Food stamps have to be paid back.**

**FACT:** People who get the right amount of food stamp benefits don't have to pay them back. Make sure the information you give when you apply is correct. If you get food stamp benefits based on wrong information, then you will have to pay them back



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